

Panic Attacks

Panic attacks range from hot or cold sweats, feelings of fear, increased heart rate, and stomach churning to, in the extreme, feeling like you are having a heart attack.

Panic attacks usually first occur when your anxiety levels are raised to the extreme your body goes into the flight, fight or freeze response. These levels of anxiety can rise gradually over time, so the panic attack often seems to come from nowhere.

Once a panic attack has occurred, unless the overall anxiety levels are reduced, another attack can be triggered again by any of the senses - sight, sound, smell, taste or touch – when the brain associates that stimulus with the first panic attack. This can be very frightening and lead to avoidance of possible triggers, which in the extreme can lead to conditions such as agoraphobia (fear of going outside).

To find out more about why you suffer from panic attacks and how hypnotherapy can help overcome it contact Sage Hypnotherapy to arrange an Initial Consultation.